

Translation courtesy of:



<http://www.sikhitheMAX.com>

This Shabad is by Guru Angad Dev Ji in Raag Maajh on Panna 146

ਸਲੋਕ ਮਃ ੨ ॥

salok ma 2 ||

Shalok, Second Mehl:

ਅਠੀ ਪਹਰੀ ਅਠ ਖੰਡ ਨਾਵਾ ਖੰਡੁ ਸਰੀਰੁ ॥

at(h)ee peharee at(h) kha(n)dd naavaa kha(n)dd sareer ||

Twenty-four hours a day, destroy the eight things, and in the ninth place, conquer the body.

ਤਿਸੁ ਵਿਚਿ ਨਉ ਨਿਧਿ ਨਾਮੁ ਏਕੁ ਭਾਲਹਿ ਗੁਣੀ ਗਹੀਰੁ ॥

this vich no nidhh naam eek bhalehi gunee gehier ||

Within the body are the nine treasures of the Name of the Lord-see the depths of these virtues.

ਕਰਮਵੰਤੀ ਸਾਲਾਹਿਆ ਨਾਨਕ ਕਰਿ ਗੁਰੁ ਪੀਰੁ ॥

karamava(n)thee saalaahiaa naanak kar gur peer ||

Those blessed with the karma of good actions praise the Lord. O Nanak, they make the Guru their spiritual teacher.

ਚਉਥੈ ਪਹਰਿ ਸਬਾਹ ਕੈ ਸੁਰਤਿਆ ਉਪਜੈ ਚਾਉ ॥

chouthai pehar sabah kai surathiaa oupajai chao ||

In the fourth watch of the early morning hours, a longing arises in their higher consciousness.

ਤਿਨਾ ਦਰੀਆਵਾ ਸਿਉ ਦੋਸਤੀ ਮਨਿ ਮੁਖਿ ਸਚਾ ਨਾਉ ॥

thinaa dhar eeavaa sio dhasathie man mukh sachaa naao ||

They are attuned to the river of life; the True Name is in their minds and on their lips.

ਓਥੈ ਅੰਮ੍ਰਿਤੁ ਵੰਡੀਐ ਕਰਮੀ ਹੋਇ ਪਸਾਉ ॥

outhai a(n)mritth va(n)ddeei karamie hoe pasao ||

The Ambrosial Nectar is distributed, and those with good karma receive this gift.

ਕੰਚਨ ਕਾਇਆ ਕਸੀਐ ਵੰਨੀ ਚੜੈ ਚੜਾਉ ॥

ka(n)chan kaaiiaa kasieei va(n)nee charrai charraao ||

Their bodies become golden, and take on the color of spirituality.

ਜੇ ਹੋਵੈ ਨਦਰਿ ਸਰਾਫ ਕੀ ਬਹੁੜਿ ਨ ਪਾਈ ਤਾਉ ॥

jae hovai nadhar saraf kee bahurr n paee thao ||

If the Jeweller casts His Glance of Grace, they are not placed in the fire again.

ਸਤੀ ਪਹਰੀ ਸਤੁ ਭਲਾ ਬਹੀਐ ਪੜਿਆ ਪਾਸਿ ॥

sath**ee** pehar**ee** sath bhal**aa** beh**eeai** parr**iaa** paas ||

Throughout the other seven watches of the day, it is good to speak the Truth, and sit with the spiritually wise.

ਓਥੈ ਪਾਪੁ ਪੁੰਨੁ ਬੀਚਾਰੀਐ ਕੂੜੈ ਘਟੈ ਰਾਸਿ ॥

outh**ai** paap pu(n)n**eechaa**reeai koor**rai** ghatt**ai** raas ||

There, vice and virtue are distinguished, and the capital of falsehood is decreased.

ਓਥੈ ਖੋਟੇ ਸਟੀਅਹਿ ਖਰੇ ਕੀਚਹਿ ਸਾਬਾਸਿ ॥

outh**ai** khott**ae** satt**eeahi** khar**ae** keeche**hi** saab**aa**s ||

There, the counterfeit are cast aside, and the genuine are cheered.

ਬੋਲਣੁ ਫਾਦਲੁ ਨਾਨਕਾ ਦੁਖੁ ਸੁਖੁ ਖਸਮੈ ਪਾਸਿ ॥੧॥

bolan faadhal naanak**aa** dh**ukh** sukh khasam**ai** paas ||1||

Speech is vain and useless. O Nanak, pain and pleasure are in the power of our Lord and Master. ||1||

This Shabad is by Guru Arjan Dev Ji in Raag Saarang on Panna 1215

ਸਾਰਗ ਮਹਲਾ ੫ ॥

saarag mehalaa 5 ॥
Saarang, Fifth Mehl:

ਰਸਨਾ ਜਪਤੀ ਤੂੰਹੀ ਤੂੰਹੀ ॥

rasanaa japathee thoohee thoohee ॥
My tongue chants Your Name, Your Name.

ਮਾਤ ਗਰਭ ਤੁਮ ਹੀ ਪ੍ਰਤਿਪਾਲਕ ਸ੍ਰਿਤ ਮੰਡਲ ਇਕ ਤੁਹੀ ॥੧॥ ਰਹਾਉ ॥

maath garabh thum hee prathipaalak srith ma(n)ddal eik thuhiee ॥1॥ rehaao ॥
In the mother's womb, You sustained me, and in this mortal world, You alone help me.
॥1॥Pause॥

ਤੁਮਹਿ ਪਿਤਾ ਤੁਮ ਹੀ ਫੁਨਿ ਮਾਤਾ ਤੁਮਹਿ ਮੀਤ ਹਿਤ ਭ੍ਰਾਤਾ ॥

thumehi pithaa thum hee fun maathaa thumehi meeth hith bhraathaa ॥
You are my Father, and You are my Mother; You are my Loving Friend and Sibling.

ਤੁਮ ਪਰਵਾਰ ਤੁਮਹਿ ਆਧਾਰਾ ਤੁਮਹਿ ਜੀਅ ਪ੍ਰਾਨਦਾਤਾ ॥੧॥

thum paravaar thumehi aadhhaaraa thumehi jeeaa praanadhaathaa ॥1॥
You are my Family, and You are my Support. You are the Giver of the Breath of Life. ॥1॥

ਤੁਮਹਿ ਖਜੀਨਾ ਤੁਮਹਿ ਜਰੀਨਾ ਤੁਮ ਹੀ ਮਾਣਿਕ ਲਾਲਾ ॥

thumehi khajeeanaa thumehi jareenaa thum hee maanik laalaa ॥
You are my Treasure, and You are my Wealth. You are my Gems and Jewels.

ਤੁਮਹਿ ਪਾਰਜਾਤ ਗੁਰ ਤੇ ਪਾਏ ਤਉ ਨਾਨਕ ਭਏ ਨਿਹਾਲਾ ॥੨॥੩੩॥੫੬॥

thumehi paarajaath gur thae paaeae tho naanak bhae nihaalaa ॥2॥33॥56॥
You are the wish-fulfilling Elysian Tree. Nanak has found You through the Guru, and now he is enraptured. ॥2॥33॥56॥